

Contact Information:

Emergency: DIAL 911

Tell the Dispatcher you are in Montgomery Bell State Park on the Mountain Bike Trail and you need a Ranger. Please provide location as best as possible.

Park Office and Bike Trail Conditions  
615-797-9051, (Ext. 18 for bike trail conditions)

Call this number for trail conditions and trail closures and to report trail damage or problems.

*Riding on bike trail when trail is closed may result in prosecution.*

Montgomery Bell Inn: 615-797-3101

Call this number to reach a ranger when park office is closed

*Montgomery Bell State Park promotes the Leave No Trace practice on all of our trails, including Bike Trails. Please carry out all trash, discarded tires tubes, etc., and place in the trash receptacle provided at the parking area.*

Notes:



Montgomery Bell State Park  
1020 Jackson Hill Road  
Burns, TN 37029  
Park Office: 615-797-9052  
Park Office Fax: 615-797-4428  
Park Inn: 615-797-3101  
Golf Course: 615-797-2578  
**www.tnstateparks.com**

Tennessee Department of Environment and Conservation, Authorization No. 327127 @ .001 per copy, August 2005



Driving Directions  
To Mountain Bike Trail

**From Nashville:** Take I-40 West, to Exit 182 (Fairview/Dickson Hwy. 96 Exit). Turn left (West) onto Highway 96. Stay on Highway 96 until it dead-ends at Highway 70. Turn right (East) on Highway 70, off-ramp provided. Stay on Highway 70 approximately 3 miles. Park entrance is on the right.

To get to the Mountain Bike trail continue on Hwy 70 driving east for less than 2 miles. Turn left onto Jones Creek Rd (first road on left after passing park entrance). Stay on Jones Creek Rd for 1 mile; you will pass Ebb Tide boat factory on right. The next right will be Bill Duke Rd, turn right on Bill Duke Rd. The parking lot to the Mountain Bike trail is the first road on right.

**From Memphis** (I-40): Take I-40 East to Exit 182 (Fairview/Dickson Hwy. 96 Exit). Turn left (West) onto Highway 96. Stay on Highway 96 until it dead-ends at Highway 70. Turn right (East) on Highway 70, off-ramp provided. Stay on Highway 70 approximately 3 miles. Park entrance is on the right.

To get to the Mountain Bike trail, continue driving east on Hwy 70 for less than 2 miles. Turn left onto Jones Creek Rd (first road on left after passing park entrance). Stay on Jones Creek Rd for 1 mile; you will pass Ebb Tide Boat Factory on right. The next right is Bill Duke Rd; turn right on Bill Duke Rd. The parking lot to the Mountain Bike trail is the first road on right.



Montgomery Bell  
State Park  
Mountain Bike Trail

Map  
&  
Information



Trail Description:

The park has approximately 20 miles of dirt mountain bike trails winding through thick-forested hills of the northern section of the park. The trails vary in complexity from easy to difficult.

Know your own physical and technical abilities.

**Red:** Beginner  
**White:** Intermediate  
**Blue:** Intermediate  
**Green and Yellow:** Expert/Advanced riders only

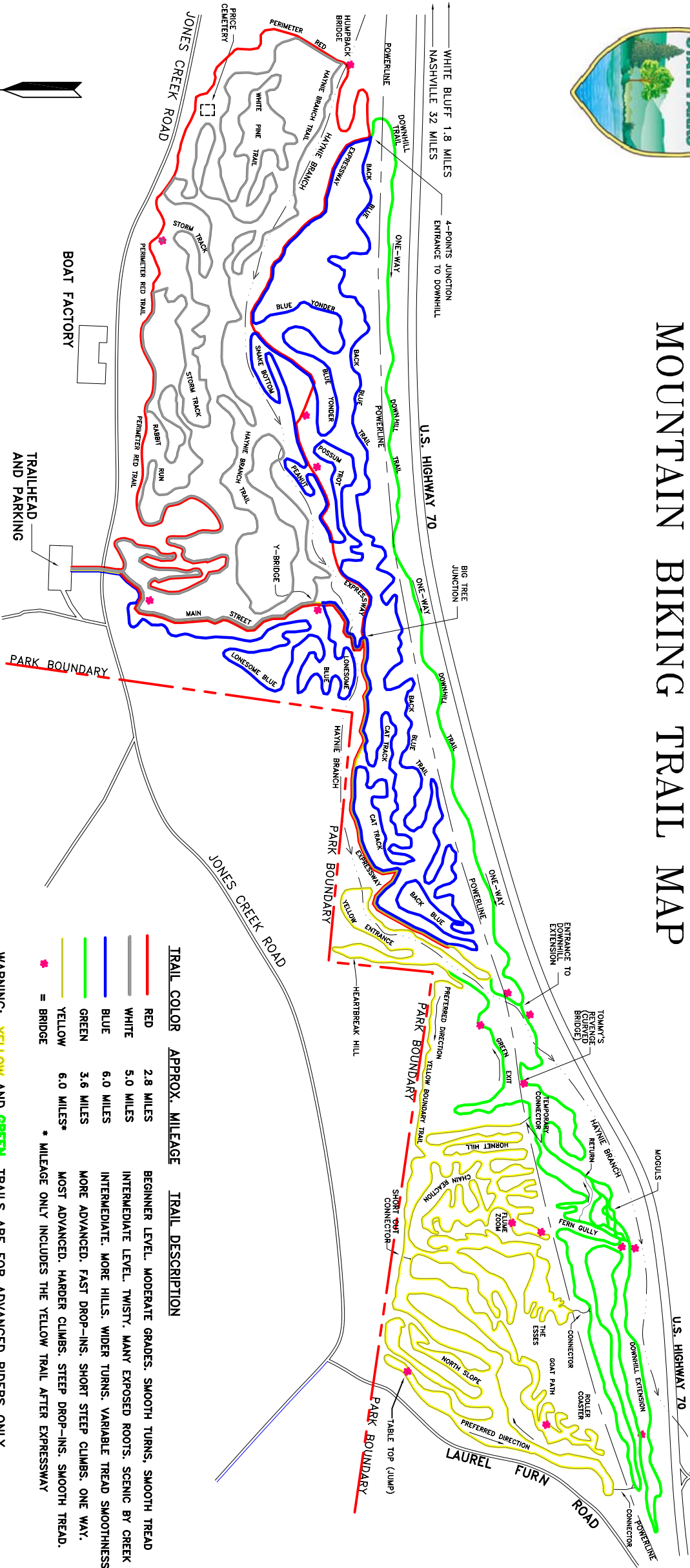
Mountain bikes are not allowed on hiking trails.  
No motorized bikes on any trails.  
No hikers or runners on mountain bike trails.



# MONTGOMERY BELL STATE RESORT PARK

## MOUNTAIN BIKING TRAIL MAP

MONTGOMERY BELL  
STATE RESORT PARK  
MAIN ENTRANCE



| TRAIL COLOR | APPROX. MILEAGE   | TRAIL DESCRIPTION   |
|-------------|---|---|
| RED         | 2.8 MILES   | BEGINNER LEVEL. MODERATE GRADES. SMOOTH TURNS, SMOOTH TREAD       |
| WHITE       | 5.0 MILES   | INTERMEDIATE LEVEL. TWISTY, MANY EXPOSED ROOTS, SCENIC BY CREEK   |
| BLUE        | 6.0 MILES   | INTERMEDIATE. MORE HILLS, WIDER TURNS, VARIABLE TREAD SMOOTHNESS. |
| GREEN       | 3.6 MILES   | MORE ADVANCED. FAST DROP-INS. SHORT STEEP CLIMBS. ONE WAY.        |
| YELLOW      | 6.0 MILES*  | MOST ADVANCED. HARDER CLIMBS. STEEP DROP-INS. SMOOTH TREAD.       |
| ★           | = BRIDGE  |   |
|             | * MILEAGE ONLY INCLUDES THE YELLOW TRAIL AFTER EXPRESSWAY |   |

**WARNING: YELLOW AND GREEN TRAILS ARE FOR ADVANCED RIDERS ONLY. THESE TRAILS HAVE STEEP DECENTS AND REPEATED CHALLENGING CLIMBS.**

**VOLUNTEERS NEEDED:** ALL TRAILS ARE BUILT AND MAINTAINED BY COOPERATIVE EFFORT OF PARK AND VOLUNTEERS. HELP IS STILL NEEDED TO COMPLETE CONSTRUCTION OF THE YELLOW TRAIL AND TO IMPROVE EXISTING TRAILS. FOR MORE INFORMATION ON VOLUNTEERING OR UPCOMING TRAIL WORK DAYS, CONTACT PARK OFFICE AT 615-797-9051 OR GO TO [www.nashvillemountainbikes.com](http://www.nashvillemountainbikes.com)

**WARNING:** MOUNTAIN BIKING IS A POTENTIALLY DANGEROUS SPORT. PARTICIPANTS ARE EXPECTED TO UTILIZE PROPER SAFETY EQUIPMENT AND RIDE IN A RESPONSIBLE MANNER. ALL TRAIL USERS ARE ADVISED TO AVOID TRAILS THAT ARE BEYOND THEIR SKILL LEVEL. ALL TRAIL USERS MUST RIDE AT THEIR OWN RISK.

**DISCLAIMER:** THIS MAP HAS BEEN PREPARED BY VOLUNTEERS AND IS INTENDED TO BE AS ACCURATE AS POSSIBLE AS OF THE PREPARATION DATE. TRAILS MAY BE REROUTED WITHOUT NOTICE. BE ADVISED THAT PREPARERS OF THIS MAP CAN NOT BE HELD RESPONSIBLE FOR ANY DIRECT OR INCIDENTAL LOSSES THAT MAY OCCUR AS A RESULT OF USE OF THIS MAP. USE THIS MAP AT YOUR OWN RISK.